

Fort Carson Middle School/Teen 2006 Program Calendar and Schedule of Events



**5950 Ware Street
Fort Carson, Co. 80913
Phone: 526-2680**

Hours of Operation:

Monday-Thursday: 0530-0830, 1500-2000

Friday: 0530-0830, 1500-2100

Saturday: 1300-2100

Sunday: 1300-1700

Welcome to Child and Youth Services

Welcome to the Fort Carson Youth Center! Your youth center is here to serve you by offering a wide variety of recreational, educational, and social programs for your middle and high school teen. Army youth program standards as well as our affiliation with the Boys and Girls Clubs of America and National 4-H assures that your teen will always have a variety of wholesome, fun, and interesting program choices to participate in. Participation in these programs will provide a broad framework for developing life long skills designed to enhance their future success. Our staff is dedicated to making this youth center the finest in the Army and will strive to make your child's experience here a positive one. We invite you to review this handbook, become familiar with the programs and services offered, visit our program, and join our Parent Advisory Group. Please feel free to contact any of our staff if you questions, concerns, or need more information.

Sincerely,

Steven Hanchett
Youth Administrator

Michael Pazdera
Youth Center Manager

If a child lives with criticism,
He learns to condemn.
If a child lives with hostility,
He learns to fight.
If a child lives with ridicule,
He learns to be shy.
If a child lives with shame,
He learns to feel guilty.
If a child lives with tolerance,
He learns to be patient.
If a child lives with encouragement,
He learns confidence.
If a child lives with praise,
He learns to appreciate.
If a child lives with security,
He learns to have faith.
If a child lives with approval,
He learns to like himself.
If a child lives with acceptance and friendship,
He learns to find love in the world.



YOUTH CENTER OVERVIEW

The Fort Carson Youth Center is located at Building 5950, Ware St. The Youth Center programs and services are for youth in grades 6-12. To use the programs and services offered by the Youth Center, youth must register with CYS. The cost for registering is \$18.00 per youth or \$40.00 per family. We offer a variety of programs and special events for middle and high school youth. Programming includes before and after school programs, sports, fitness and health options, dances, specialty classes, life skills, citizenship, leadership opportunities, arts, recreation, leisure activities, mentoring, intervention, and education support services.

Contact Information

Front Desk 526-2680

Michael Pazdera Facility Director 526-2794

Otis Forest Assistant Director 526-2680

Courtney Wilson Assistant Director 526-2680



Youth Service's goal is to provide a safe, healthy environment with programs that promote the well-being of youth. We strive to assist the youth in acquiring the knowledge, skills and character that will enable them to become independent, productive, and contributing members of society. We enable service men and women, and civilians to focus on the Military Mission by providing programs and services that create a sense of family and well-being.

Youth must be in grades 6th thru 12th & registered in CYS through the Central Registration Office. Youth Services members must be prepared to sign-in and sign-out and present their CYS Photo ID cards (if applicable) in order to access the Youth Center facility, check out game equipment, and participate in special activities (field trips, dances). Youth members also have access to a TV/lounge area, (open recreation activities), sports, intramurals, fitness room, arts and crafts, community service projects, SkiesUnlimited classes, homework center, and technology lab.

Youth Services is comprised of:

- Middle School and Teen programming to reduce the potential for risky behaviors in children 12 to 18 years old when they are not in school.
 - Programs are centered on the Army's four core service areas:
 - o Life Skills, Citizenship, and Leadership Opportunities
 - o Arts, Recreation and Leisure
 - o Sports, Fitness and Health programs
 - o Mentoring, Intervention, and Education Support
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| <ul style="list-style-type: none">• 4-H Clubs• Photo Club• Art Club• Community Club• Technology Club• Babysitter's Club• Promise Passport Volunteer Program• Torch Club (ages 11-13)• Technology Lab• Youth Advisory Council (YAC) Club | <ul style="list-style-type: none">• Seminars• Open Gym• Boys and Girls Club of America• Keystone Club• Workforce Preparation• Teen Discovery/Forums• Character Education• Goals for Graduation• Power Hour (Homework Room) |
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For more information and details contact the Youth Center.

Youth Center Events

Each day the youth center offers a variety of programs and activities from which teens can choose. Daily, weekly, and monthly schedules are posted in the Youth Center. Listed below is a partial list of the program choices offered:

DAILY PROGRAMS

Video Games
Arts and Crafts
Life Skills Programs
Technology Lab
Homework (Power Hour)
Pool/Billiards
Foosball
Air Hockey
Television/Videos
Listen to Music
Board Games
Cards and card games
Open Gymnasium
Health/Fitness Programs
4-H Club Programs
Leadership Programs
Volunteer Opportunities
Boys & Girls Club Programs

WEEKLY PROGRAMS

Monday: Healthy Cooking Class
Photography Club
Tuesday: Smart Girls Club
Strength Training
Staff Challenge Day
Wednesday: Community Torch Club
Fitness Authority
Table Games Tournament
Thursday: Keystone Club Meeting
Aerobics Class
Volleyball
Friday: 3 on 3 Basketball
5th grade Fun Night (5:00-7:00)
Strength Training
Saturday: Garage Band Practice
Roller Hockey
Sunday: Family Day at the Youth Center
Family Night

MONTHLY PROGRAMS*

1 st Monday: Pool Tournament	1 st Thursday: Club Tech
2 nd Monday: Foosball Tournament	2 nd Thursday: 4-H Club Night
3 rd Monday: Video Game Contest	3 rd Thursday: Job Ready
4 th Monday: Free-throw-shooting Contest	4 th Thursday: Passport to Manhood
1 st Tuesday: Jeopardy Trivia Contest	1 st Friday: Midnight Basketball
2 nd Tuesday: Wheel of Fortune Contest	2 nd Friday: "YS Idol" Karaoke Night
3 rd Tuesday: Fear Factor Feast	3 rd Friday: Youth Dance*
4 th Tuesday: Survivor Challenge	4 th Friday: 5 th Grade Games Night
1 st Weds: Learn to Series (Sports)	2 nd Saturday: 3 on 3 Basketball Challenge
2 nd Weds: Learn to Series (Crafts)	3 rd Saturday: Middle School Pizza Night
3 rd Weds: Learn to Series (Social Skills)	4 th Saturday: Invent-a-game Day
4 th Weds : Youth Council Meeting	

*Programs are subject to change depending on Holidays, Special Events, and Youth input.

Youth Sports, Fitness, and Health Overview

The Fort Carson Youth Sports, Fitness and Health program is dedicated to providing professionally managed programs and a wide range of opportunities that meet the developmental, educational, leisure, recreational, physical and social needs of our children and youth ages 3 through 18. This program enhances the skills and education of athletes through a positive, healthy, and fun environment.

The Youth Sports & Fitness Program offers a variety of team sports and individual sports:

Team Sports

- Basketball
- Soccer (spring & fall)
- Baseball
- Softball
- T-Ball
- Flag football
- Tackle football

Individual Sports

- Golf
- Walking/Hiking
- Tennis
- Racquetball
- Bowling
- In-line Skating
- Wrestling

Fitness & Health

- Fitness equipment
- Aerobics
- Nutrition (cooking)
- Education
- Health Promotion classes

Outreach Programs

- Intramurals (SAS/MST)
- Motor Skills (CDC/ FCC/ SAS)
- Skill Building Clinics (SAS/MST/Community)
- School Partnerships/Home School Support
- “Pick Up” Sports for Youth/SAS

Community needs are met through a variety of activities and programs to include: motor skill development, sports clinics, sports clubs, fitness & nutrition activities, and mentoring programs. Through existing and future partnerships with outside communities our program will continue to grow and accommodate the needs of our military and community families. In addition, we have received youth sports grants to help improve our participation numbers and activities.

Volunteer Coaches

- Many opportunities for volunteering
- Certified through the National Alliance for Youth Sports
- Background Clearances

Staff

- Must meet the same requirements and training as all CYS Staff

Children/Youth interested in participating in any of the sports programs must be registered with Child and Youth Services and must have a current health assessment (within one year) before starting.

For more information and schedule of sports events please contact the Sports, Fitness and Nutrition Office

Registration Policy

Once a parent has accepted a full-day or part-time program space for their child, and orientation is scheduled with the program director or representative. Central Registration will provide the program with the child's registration file prior to the orientation. During the orientation, program policies and procedures will be explained. The parent will also have the opportunity to tour the facility and meet the staff members who will be providing care for their child.

What You Need to Bring With You

All registered children/youth must re-register annually to maintain active status in CYS programs and or activities. A notification will be sent out prior to registration expiring with the renewal date. To register you will:

Complete the One Page General Information Form

Complete a new Application for DoD Child Care Fee (if applicable)

Bring current immunization record for each child/youth

Bring a copy of the most recent Leave and Earning Statement (LES) and/or Pay Stub from each working parent

Update additional information as necessary

NO CHILD/YOUTH WILL BE REGISTERED UNLESS ALL REQUIRED PAPERWORK IS COMPLETE AND IMMUNIZATIONS CURRENT. CHILDREN/YOUTH WILL NOT BE ABLE TO USE CYS PROGRAMS UNTIL REGISTRATION IS COMPLETE.

BASH Program

The Before and After School Safe Haven (B.A.S.H.) program is designed for youth in grades 6-8 attending Carson Middle School who need before or after school care. In addition a program is offered for 5th graders attending post schools. The program is held at the youth center starting at 5:45am until 8:30am. Breakfast is served and structured as well as unstructured programs are offered. Youth are transported to school each morning. After school youth are transported back to the youth center where they can choose to participate in clubs, homework assistance program, sports, fitness, lifeskills, and many other activities.

Fees for this program are extremely affordable and are based on total family income and can be paid monthly or bi-monthly. Fees include breakfast, afternoon snacks, lunch on non-school days, and all costs associated with activities and programs.

Day Camp-

The youth center offers a supervised structured day camp program during weeks when school is not in session. This includes winter break, spring break, fall break, and summer vacation. The program is conducted from 0545 until noon for middle schoolers and from 0545 – 1800 for 5th graders. Fees include breakfast and lunch and all program costs associated with the day camp such as field trip admissions. After 12:00pm youth may be picked up or signed into the youth center open recreation program. Day camp is separate from the BASH program therefore parents must enroll youth for each week of day camp as needed. Fees are based on total family income and are paid weekly.

Boys and Girls Clubs of America Programs



Character and Leadership

Helping youth become responsible caring citizens and acquire skills for participating in the democratic process is the main thrust of these programs. They also develop leadership skills and provide opportunities for planning, decision-making, contributing to the Youth Center, and their community, and celebrating our national heritage.

Keystone Clubs. Keystone clubs are chartered small group leadership development clubs for young people ages 14-18. Keystoneers elect officers, choose their own activities and plan and implement community service projects. A national charter entitles a Keystone Club to participate in regional and national Keystone conferences. The TEENSupreme Keystone Club program is sponsored by Taco Bell Foundation.

National Youth of the Year-

Sponsored by The Reader's Digest Foundation, the [National Youth of the Year Program](#) is designed to promote and recognize service to Club and community, academic performance and contributions to family and spiritual life. Clubs select a Youth of the Year who receives a certificate and medallion then enters state competition. State winners receive a plaque and enter the regional competition. Regional winners receive a \$5,000 scholarship and enter a national competition held in Washington, DC. The National Youth of the Year receives an additional \$10,000 scholarship and is installed by the President of the United States.

Torch Club

This small-group leadership development program, sponsored by Staples, is targeted to youngsters ages 11 to 13. Within some 700 Torch Clubs across the country, members elect officers and plan and implement their own activities and community service projects. Each Torch Club receives an official charter from Boys & Girls Clubs of America.

Power Hour

A comprehensive homework help and tutoring program, POWER HOUR is designed to raise the academic proficiency of Club members ages 6-12. POWER HOUR is sponsored by The JCPenney Afterschool Fund.

Goals For Graduation

Goals for Graduation, sponsored by The JCPenney Afterschool Fund, introduces Club members ages 6-15 to the concept of academic goal setting. In one-on-one sessions with Club professionals, members set achievable "Know-I-Can" goals, more challenging "Think-I-Can" goals and

yearly "Believe-I-Can" goals, then create action plans. The program provides for recognition of members' achievements at every step of the journey.

Ultimate Journey

This internationally recognized, award-winning program leads Club members ages 6-12 on a fun-filled journey into the amazing world of plants and animals. The Ultimate Journey motivates young people to develop an understanding of and sensitivity to the environment, helping them build the knowledge and motivation to protect our natural resources.

CareerLaunch

CareerLaunch™ is a career exploration and mentoring program for teens ages 13-18. This program includes the [CareerLaunch Web site](#) that allows teens to take an interest survey, explore careers, identify training or college requirements, seek out financial aid and play skills-building games. There's also an easy-to-use Career Exploration Quick Reference Guide with a broad range of career planning and job skills activities that Club staff or volunteers can use with teens. The CareerLaunch Portfolio contains a Teen Tips booklet with helpful interviewing and on-the-spot job tips. This program is made possible through a partnership between Boys & Girls Clubs of America and the Gap Foundation.

Job Ready

Sponsored by the Taco Bell Foundation as part of the TEENSUPREME Career Prep program, JOB READY! is a comprehensive program that teaches young people ages 16-18 effective job-hunting techniques and helps them develop the skills necessary to be successful once on the job.

SMART Girls

An outgrowth of the popular and effective SMART Moves program, SMART Girls is a health, fitness, prevention/education and self-esteem enhancement program for girls ages 10-15. The program is designed to encourage healthy attitudes and lifestyles that will enable early adolescent girls to develop to their full potential. The SMART Girls program is sponsored by the Bristol-Myers Squibb Foundation, Inc.

Passport to Manhood

Passport to Manhood promotes and teaches responsibility while reinforcing positive behavior in male Club members ages 11-14. Passport to Manhood consists of 14 small-group sessions, each of which concentrates on a specific aspect of manhood through highly interactive activities. Each participant is issued his own "Passport" to underscore the idea that he is on a journey of maturation and personal growth.

FITNESS AUTHORITY

FITNESS AUTHORITY®, a new small-group program sponsored by The Sports Authority, Inc., promotes fitness in all youth. FITNESS AUTHORITY provides a fun-filled, motivating fitness experience for members. There is a 12-week curriculum for each of three age groups: FITNESS SQUAD, 6-9; FITNESS MASTERS, 10-14; and FITNESS ALL-STARS, 15-18. Weekly sessions cover every aspect of fitness, drawing upon themes of sports culture and history, self-esteem, nutrition and physical fitness. The annual FITNESS AUTHORITY Club-Wide Pentathlon competition allows Club members of all ages to demonstrate and test their fitness levels.

NATIONAL 4-H



National 4-H Headquarters and Land Grant Universities partner with U.S. Army and U.S. Air Force to develop programs and resources to benefit U.S. military youth and families around the world. Since 1995, the partnerships have provided educational programs for youth and research for military staff working with families. Programs are increasingly integrated into the ongoing work and mission of 4-H and Cooperative Extension.

4-H and Extension are recognized as valuable resources for providing youth and family programs and as skilled leaders in mobilizing community action to meet critical needs.

Since 1995, National 4-H Headquarters has worked in partnership with U.S. Army Child and Youth Services (CYS) and Air Force Family Member Programs (FMP) to extend 4-H to U.S. military families worldwide. With the support of 4-H professionals, military staff and volunteers provide quality developmental programs for children in safe and nurturing environments so that military men and women can pursue their critical, high risk assignments.

4-H clubs provide "a slice of home" for military youth worldwide through quality educational experiences using research-based curricula for youth ages 5 -19. Military youth can become involved in 4-H and continue their 4-H work wherever they move when their parents are transferred or deployed.

More recently, community programs to support National Guard, Reserve and Accessions Command families have been added.

State 4-H Military Liaisons

Each state has a 4-H military liaison to support the work with Army and Air Force and to reach out to the Army and Air National Guard and Reserve units. The liaison assists county 4-H and installation staff, coordinates 4-H military partnership efforts in the state, integrates military 4-H clubs into the statewide 4-H and Extension program, and

collaborates with other 4-H military liaisons to support these efforts. Contact your liaison to learn more.

USDA/Army Youth Development Project

The CSREES and Army CYS partnership brings together USDA's expertise in youth development with the Army's model youth programs. The USDA/Army Youth Development Project helps 4-H and Extension impact new audiences while meeting the Army CYS mission of providing predictable, consistent youth programs on installations worldwide.

Community Club –

Technology Club –

Photography Club

CHARACTER COUNTS!

The Army promotes the Core Values of loyalty, duty, respect, selfless service, honor, integrity and personal courage. CHARACTER COUNTS! promotes values called the [Six Pillars of Character](#): *trustworthiness, respect, responsibility, fairness, caring and citizenship*.

These two sets of values are highly complementary, and can in fact be expressed in tandem. An Army general put it best when he recently said that the Six Pillars “operationalize” the Army Core Values. Consider:

- Trustworthiness – honesty, *integrity*, promise-keeping and *loyalty*
- Respect – *honor* (valuing self, others, tradition and country)
- Responsibility – *duty* (in the sense of accountability)
- Fairness – *honor* (upholding what is right and just)
- Caring – *selfless service* (placing the good of others before self)

Citizenship – *duty* (obedience to established rules and law), *selfless service* (placing the good of country before self), *personal courage* (seeking the common good)



The Six Pillars of Character

These six core ethical values form the foundation of [the CHARACTER COUNTS! youth-ethics initiative](#). More detailed discussion of the Six Pillars is included in *Making Ethical Decisions*, a Josephson Institute booklet available online [here](#).

trustworthiness

Be honest • Don't deceive, cheat or steal • Be reliable — do what you say you'll do • Have the courage to do the right thing • Build a good reputation • Be loyal — stand by your family, friends and country

respect

Treat others with respect; follow the Golden Rule • Be tolerant of differences • Use good manners, not bad language • Be considerate of the feelings of others • Don't threaten, hit or hurt anyone • Deal peacefully with anger, insults and disagreements

responsibility

Do what you are supposed to do • Persevere: keep on trying! • Always do your best • Use self-control • Be self-disciplined • Think before you act — consider the consequences • Be accountable for your choices

fairness

Play by the rules • Take turns and share • Be open-minded; listen to others • Don't take advantage of others • Don't blame others carelessly

caring

Be kind • Be compassionate and show you care • Express gratitude • Forgive others • Help people in need

citizenship

Do your share to make your school and community better • Cooperate • Get involved in community affairs • Stay informed; vote • Be a good neighbor • Obey laws and rules • Respect authority • Protect the environment